

FY2015 CHNA&HIP Progress Report

Winnebago County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Continue to promote Healthy Behaviors by establishing collaboration with our partners in the community. Our goal is to enhance community partnership and education to our public, increasing healthy behaviors and decreases unhealthy behaviors.	Winnebago County will not see an increase of obesity, cancer and mental health rates in the next 5 years.	
	1. Education to the public on health alternatives to unhealthy behaviors that attribute to obesity by classes at the YMCA and other activities, educational material at Public Health and the ISU extension and on Facebook.	1) Education to the public has been thru brochures available at our office, library, Facebook and on our LED sign outside of our office. The YMCA has held nutritional classes through the year and the ISU offers web classes and also has brochures available in their office. Radon kits and educational classes have been provided to Forest City, Lake Mills and Buffalo Center citizens promoting healthy homes!
	2. Educate the public on promotion of exercise classes thru the YMCA, bike and walking trails, Curves and home exercise activities. Winnebago Public Health will have health fairs promoting exercises and various options for at home at least 1-2 times a year.	2) The YMCA has offered many exercises classes at various times of the day and week to meet everyone needs. Scholarships are offered to help those that cannot afford this cost.
	3 .Promote gardening by education on healthy food choices thru the ISU, WIC Clinics and Public Health with health fairs at least 1-2 times a year, brochures available at all times in the office and libraries and ads in the local papers when events are being offered. Healthy recipes and healthy choices thru the Winnebago County Facebook on a weekly basis and updates on web site.	3) Nutritious education brochures were ordered and new brochures are being handed out to the public promoting healthy choices. Facebook and LED side has offered healthy recipes and links to the public to promote exercise and healthy foods on a monthly basis.

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	4 .Provide periodic health screenings by Winnebago County Public Health at health fairs and offer monthly screenings to the public for Cholesterol, Blood sugar, Blood Pressure and BMI testing. Blood Pressure Screening will continue at the YMCA once a week and at the Senior Center's on a monthly basis.	4) Cholesterol check are offered at the end of every month at Winnebago County Public Health and free BP and BMI reading. Screening were given at Waldorf College for prevention health. Wt, BMI, BS, BP and Cholesterol baselines were taken. Educational material were given as needed. We also have been doing BP screenings at YMCA, BC Senior Center and Forest City Senior Center with no high readings at this time. In April we had the Heart Reach Mobile Unit come from Des Moines to do a comprehensive Screening for heart disease and stroke. Nutritional information is given to promote healthy eating. We had such good turnout by the community we had to have two more days in July. Boot camp at the fitness center, Zumba and swim laps at the pool. The summer is full of Park and Rec in all communities for exercises and fun the kids. Promoting fitness and eating healthy
	5. Education to the public on increasing healthier life style, consequently this will decrease diabetes, some cancers and improve mental health. The YMCA, ISU and Winnebago County Public Health will coordinate with other partners (Kryslis, schools , industries) to assist their employees and families to choose healthier foods and exercise on a regular basis- at least 3-4 times a week . Education would be on Facebook, web sites, brochures and health fairs. Information needs to be available at libraries, public health and will also be presented on Winnebago Counties electronic sign on a daily basis.	5) Education is done after the screening and throughout the year. Both the YMCA, Waldorf College, Local schools have nutritional brochures out for the public. The Schools in our community are offering healthy breakfast and lunch to all during the summer months. We continue to post healthy tips and recipes on our Facebook page and on our LED board. We have partnered up with the YMCA to offer BP checks and healthy tips to all ages.